



# Constraint-Led Approach

„Begrenzen für mehr Freiheit“

Körner & Staller 2020





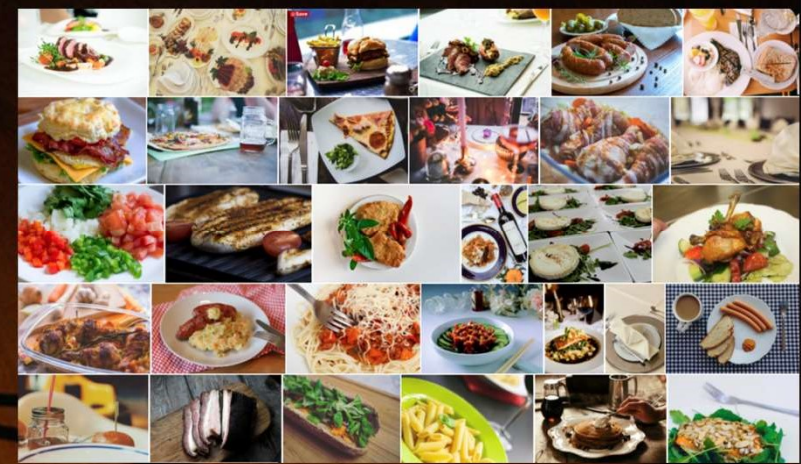




Explizites  
instruktionales  
Lehren

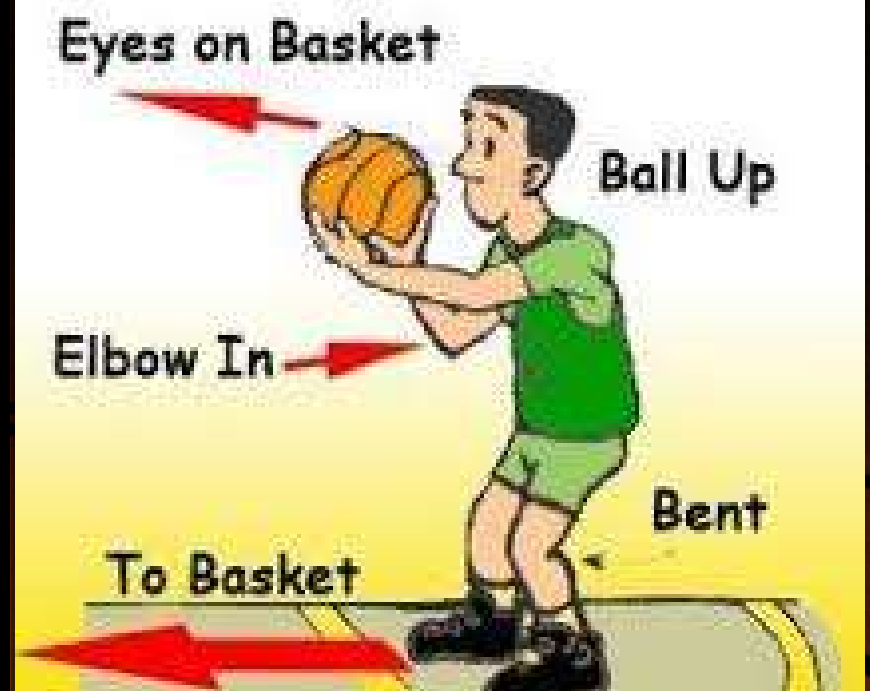


Constraint-Led  
Approach

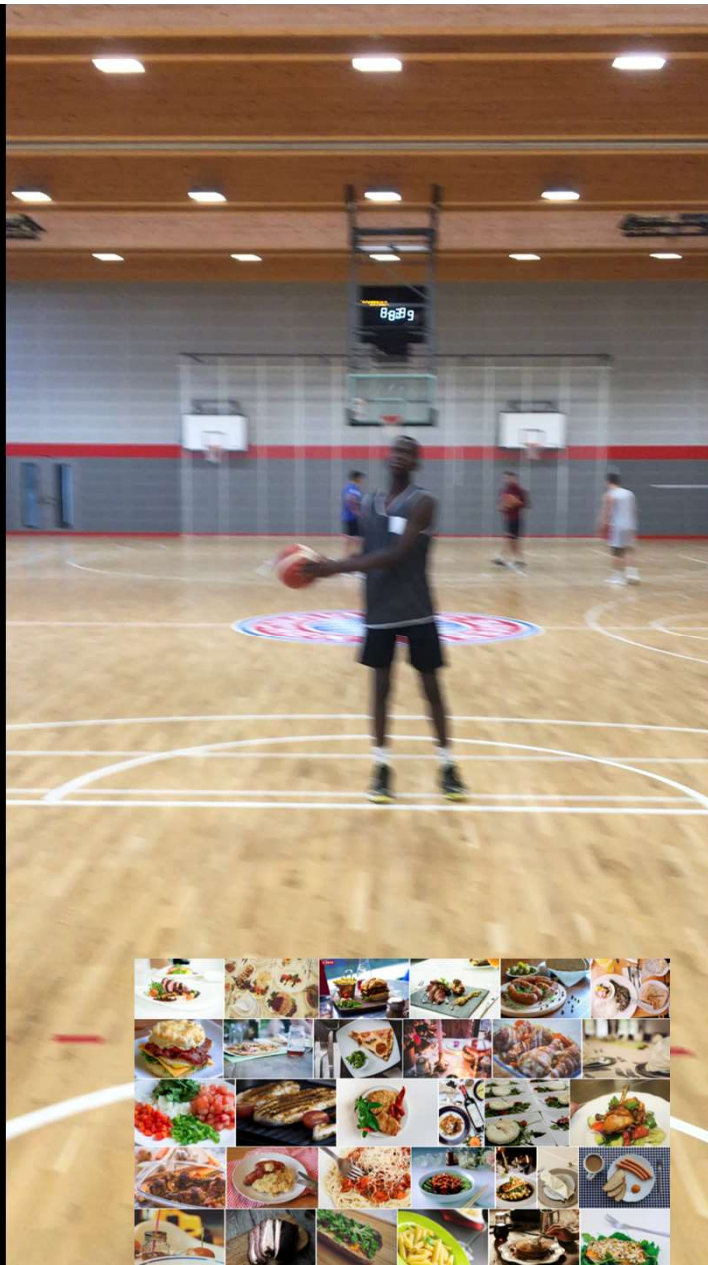


Differentielles  
Lernen

















1. Zielbewegung  
definieren

2. „Constrain to Afford“

3. Representative Design



4. „Repetition without  
Repetition“



5. De-/Loading



The background of the slide is a photograph of a wooden basketball court floor. The floor is made of light-colored wood planks arranged in a parallel pattern. Two thick black lines are visible, curving across the frame to represent the three-point arc on a basketball court. The text is centered between these two lines.

# **CLA Übungen für die Technik**



# Beispiel Wurf

Schnelle Fußarbeit aus dem Dribbling

Level 1

Level 2

3er aus der Bewegung

PnP Shooting

Catch & Shoot 3er

Situationsspezifisch

Individuelle Fokuspunkte





Level 1



Level 2



# Ballhandling

Slide Dribbles

Attack & Stop

Read & React Games



# Finishes

Abschlüsse am Korb  
unter Druck

Abschlüsse v Help

Kreative Finishes





# **BRAINSTORM CHALLENGE**

Entwickle deine eigenen CLA Technikübungen für:

**1v1 Defence am Ball**

**Einhändige Pässe aus dem Dribbling**



The background of the image is a wooden basketball court floor. It features a light-colored wood grain pattern with darker, vertical lines running across it. Two prominent black curved lines, likely part of a basketball court's key or free-throw line, are visible, framing the text. The lighting is somewhat dim, with a slight glow around the text.

# **CLA Übungen für die Taktik**



# Design von CLA für Taktik

| Number of players | CATCH                | SPACE/RECEIVE    | ATTACK        | CREATION                                                                                                              |                                                                                                                 |                                                                                                                             |                                                                                                                                                 |
|-------------------|----------------------|------------------|---------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| 1v1 (+1)          | Shoot, Pass, Dribble | Stay, Shift, Cut | Score or Pass | On-Ball                                                                                                               | Off-ball                                                                                                        | DHO                                                                                                                         | Gets                                                                                                                                            |
| 2v1 (+1)          |                      |                  |               | <b>Ball-Handler</b>                                                                                                   | <b>Cutter</b>                                                                                                   | <b>Receiver</b>                                                                                                             | <b>Cutter</b>                                                                                                                                   |
| 2v2 (+1)          |                      |                  |               | <b>P1</b> -Space, Reject, <b>P2</b> – Separate Decision, <b>P3</b> -Finish, Pass                                      | <b>P1</b> – Reject/Go, <b>P2</b> – Separate Decision, <b>P3</b> - Finish, Pass                                  | <b>P1</b> – Reject/Go, <b>P2</b> – Take Decision, <b>P3</b> - Finish, Pass                                                  | <b>P1</b> – Reject/Go, <b>P2</b> – Take Decision, <b>P3</b> - Finish, Pass                                                                      |
| 3v2 (+1)          |                      |                  |               |                                                                                                                       |                                                                                                                 |                                                                                                                             |                                                                                                                                                 |
| 3v3 (+1)          |                      |                  |               |                                                                                                                       |                                                                                                                 |                                                                                                                             |                                                                                                                                                 |
| 4v3 (+1)          |                      |                  |               | <b>Screener</b>                                                                                                       | <b>Screener</b>                                                                                                 | <b>Ball-Handler</b>                                                                                                         | <b>Ball-Handler</b>                                                                                                                             |
| 4v4 (+1)          |                      |                  |               | <b>P1</b> – Reject, Slip, Flip, <b>P2</b> - Pivot, Roll, Short Roll, Pop <b>P3</b> - Spacing, Cut, Seal, Finish, Pass | <b>P1</b> – Reject, Slip, Flip, <b>P2</b> - Pivot, Roll, Short Roll, Pop <b>P3</b> - Spacing, Cut, Finish, Pass | <b>P1</b> – Reject early, late, <b>P2</b> – Give/Deny, Pivot, Roll, Short Roll <b>P3</b> - Spacing, Cut, Seal, Finish, Pass | <b>P1</b> – Reject early (w/o ball), late (w/ball), <b>P2</b> – Give/Deny, Pivot, Roll, Short Roll <b>P3</b> - Spacing, Cut, Seal, Finish, Pass |
| 5v4 (+1)          |                      |                  |               |                                                                                                                       |                                                                                                                 |                                                                                                                             |                                                                                                                                                 |
| 5v5 (+1)          |                      |                  |               |                                                                                                                       |                                                                                                                 |                                                                                                                             |                                                                                                                                                 |



# 1v1+1 Gets – CREATE





# 2v1+1 – CATCH & ATTACK





# 4v4 „Mexican Party“ – HELP ENTSCHEIDUNGEN





# 5v5 PnR Defence - Trap





# Trainerrolle





# Praktische Tips

- SCHNELLE WECHSEL
- TRANSITION
- EXPERIMENTIEREN
- BEIß DIR AUF DER ZUNGE
- COOL im CHAOS



# Ressourcen

<https://basketballverband-bayern.de/twelve-layout-copy/ressorts/trainer/aus-fortbildung/online-coach-clinics/>

<https://perceptionaction.com/cla/>

<https://www.youtube.com/c/BasketballImmersion/videos>

<https://wabc.fiba.com/manual/level-2/I1-coach/2-know-how/2-2-teaching/2-2-1-advanced-principles-of-skill-acquisition/>







# **Mentimeter Reflektion**

Standard ab nächste Woche zur Anerkennung 2UE







# Djokovic Rally

- <https://dai.ly/x2ncz8b>